

## Heather on Horseback <sup>1</sup>

### Answer Key

#### Instructions

Compare your answers to those in this answer key.

Discuss the answers and any differences of opinions with your friends and the instructor.

Your ideas can help improve this exercise. Therefore, please don't mark additional answers or change the answers on your answer sheet. Your answers, and the answers of many other people, will be studied and used to improve the exercise.

#### Question A

- T        1. Because Heather has ridden Dawn many times before and never fallen, she doesn't think she needs a helmet.
- T        2. Dan trusts Heather. He thinks she will be careful and be OK.
- T        3. Heather is very excited. She is galloping her horse to practice some skills she learned last time.
- T        4. Dan loves Heather. He wants her to be happy and healthy, but he may underestimate the risk of her riding without a helmet.
- T        5. Sometimes, when her dad and Rick weren't around, Heather rode without a helmet, but she shouldn't have. She's been lucky and has not fallen or been hurt.
- T        6. Novice riders are more at risk of being thrown and hurt. As a beginner she should be supervised, but she doesn't think so.

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<sup>1</sup> This answer key should be used with the exercise problem booklet with the same name. The views expressed in this document are those of the authors and not necessarily those of CDC/NIOSH or the US Government.

Question B

- T 7. Many things could spook her horse, even little things she might not notice.
- T 8. Holes can be anywhere, and sometimes can be hidden under grass, sod, or loose soil.
- T 9. Yes, sounds and sudden movements from planes, cars, trucks, motorcycles and other machinery can spooks horses.
- T 10. If her horse is spooked and bucks, Heather could be thrown off.
- T 11. If spooked, her horse could bolt, and Heather could fall and be pinned against the fence and be hurt.
- T 12. Although she might have an uneventful ride, she should still wear her helmet to prevent a head injury if she does fall.

Question C

- F 13. There is not enough time for her to jump off and land on her feet.
- F 14. Entangling her hands in the reins will prevent her from putting her hands out to break her fall and protect her head.
- F 15. Grabbing the horse's tail won't stop her fall and it may result in her being kicked.
- F 16. Things are happening too fast! There is not enough time to grab the horse's neck and she is also in the wrong position to do so.
- T 17. She may be able to break her fall with her hands and arms. But Heather is still at risk for a serious head injury because she is not wearing her riding helmet.

Question D

- T 18. If she had worn her helmet it would have protected her from a serious and life-threatening brain injury.
- T 19. Dan should have done this, but he was in a hurry. He knew Heather saw him and didn't want to leave on a bad note.
- T 20. Rick should have done so, but it was ultimately up to Heather and her dad to follow good safety practices.
- T 21. As part of her responsibilities Elizabeth should have supervised Heather and enforced the wearing of the helmet.

Question E

- F 22. Heather is now wheelchair bound and cannot use her legs.
- F 23. Heather probably cannot be a cheerleader at her high school, but might be able to be a Special Olympics cheerleader.
- F 24. She is confined to a wheelchair. Her brain injuries, speech, and memory problems probably won't allow her to be "normal" or to be perceived by others as "normal" ever again.
- F 25. She may be able to ride again, but she will need assistive devices and other people to help her.
- T 26. She can still see and watch television, but her brain injuries may prevent her from understanding what she sees.
- T 27. It will be much harder to do so and she may need help, but she should be able to enjoy this activity.
- T 28. She can still go out to the mall and other places and should do so. But she will need assistance and there are many places she won't be able to go.

- T      29. She may have to go to special classes to relearn cognitive skills that were lost and to learn how to take care of her personal needs.
- T      30. She can still go out, but she has physical and mental limitations that will restrict her dating and other social activities, probably for the rest of her life.